

Conclusion

Poor health can often be attributed to a person's behavior and lifestyle. With this in mind, risk prevalence data collected by the Behavioral Risk Factor Surveillance System allows the South Dakota Department of Health to identify populations at risk for poor health in the future. Therefore, intervention efforts can be designed to meet the unique needs of those who are at risk. Furthermore, by following the changes that develop over time, the department will be able to monitor the progress of these efforts. An overview of the key behavior risk factors from 1991 to 2003 is summarized below in Table 79. Table 80 is a summary of the *Healthy People 2010 National Health Objectives* that can be compared with data from this survey. The arrows indicate if South Dakota is higher or lower than the objectives.

Table 79
Summary of South Dakota's Proportion of Adult Population at Risk, 1991-2003

	2003	2002	2001	2000	1999	1998	1997	1996	1995	1994	1993	1992	1991
General Health Status:													
Fair-Poor Health	13.0%	12.9%	12.6%	12.1%	13.1%	11.7%	11.3%	11.5%	12.8%	12.8%	10.6%	NA	NA
Health Care Access:													
No Health Insurance (18-64)	10.4%	9.4%	10.0%	9.6%	NA	NA	NA	NA	NA	NA	NA	NA	NA
Hypertension Awareness:													
Hypertension	24.8%	25.2%	24.1%	NA	23.8%	NA	20.6%	20.0%	20.6%	NA	19.3%	17.7%	18.7%
Cholesterol Awareness:													
High Cholesterol	31.2%	29.3%	29.5%	NA	29.1%	NA	25.5%	NA	25.0%	NA	27.4%	23.9%	24.5%
Cholesterol Screening	30.5%	29.4%	30.5%	NA	36.4%	NA	36.8%	NA	34.5%	NA	36.6%	NA	NA
Diabetes:													
Diagnosed With Diabetes	7.1%	6.3%	6.1%	5.7%	4.9%	3.1%	3.8%	4.3%	2.9%	4.3%	3.6%	4.9%	3.4%
Tobacco Use:													
Current Smoker	22.7%	22.6%	22.3%	21.9%	22.5%	27.2%	24.3%	20.7%	21.8%	20.9%	21.1%	21.9%	22.8%
Smokeless Tobacco Users	6.8%	NA	5.7%	NA	NA	NA	NA	5.4%	4.9%	5.5%	5.1%	NA	NA
Alcohol Consumption:													
Binge Drinking	19.0%	18.5%	18.5%	NA	17.4%	NA	20.9%	NA	14.5%	NA	13.5%	15.7%	17.9%
Women's Health:													
Insufficient Breast Cancer Screening for Women 40+	22.9%	24.1%	23.7%	24.0%	27.9%	28.1%	31.0%	34.1%	37.0%	34.0%	35.3%	40.3%	40.3%
Insufficient Cervical Cancer Screening for Women	14.6%	13.7%	12.4%	11.5%	14.6%	13.7%	15.0%	15.9%	15.5%	14.2%	16.6%	15.7%	NA
Immunization:													
Insufficient Influenza Immunization for Ages 65+	22.1%	25.8%	25.9%	29.1%	26.4%	NA	34.4%	NA	39.9%	34.0%	52.3%	NA	NA
Insufficient Pneumonia Immunization for Ages 65+	36.3%	43.3%	40.8%	46.6%	49.6%	NA	59.4%	NA	68.5%	67.6%	73.0%	NA	NA
Colorectal Cancer Screening:													
Insufficient Colorectal Cancer Screening for Adults, 50+	NA	58.2%	54.9%	NA	53.6%	NA	63.3%	NA	57.4%	NA	60.6%	NA	NA
Injury Control:													
Lack of Seat Belt Use	NA	45.2%	43.9%	NA	NA	NA	57.9%	54.5%	56.9%	49.6%	52.0%	51.6%	56.4%
Physical Activity & Nutrition:													
Not Enough Fruits & Vegetables	81.0%	79.3%	NA	80.1%	77.3%	80.0%	76.9%	76.1%	NA	79.1%	NA	NA	NA
Physically Inactive	21.7%	23.8%	25.4%	26.7%	NA	33.3%	NA	34.8%	38.5%	30.7%	NA	29.7%	27.1%
Overweight	60.1%	60.6%	59.4%	58.8%	59.3%	51.5%	56.3%	53.4%	53.7%	53.0%	53.0%	NA	NA

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003

Table 80
Summary of Healthy People 2010 National Health Objectives

<u>Objective</u>	<u>South Dakota</u> 2003	<u>Healthy People</u> <u>Targets</u> 2010
Reduce the proportion of adults aged 20 years and older who are not at a healthy weight	60.1% ↑	40.0%
Reduce the proportion of adults aged 20 years and older who are obese	22.9% ↑	15.0%
Reduce the proportion of adults who engage in no leisure time physical activity	21.7% ↑	20.0%
Decrease the proportion of adults who do not engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day	53.5% ↑	50.0%
Decrease the proportion of adults who do not engage in vigorous physical activity that promotes the development and maintenance of cardio respiratory fitness 3 or more days per week for 20 or more minutes per occasion	78.0% ↑	70.0%
Reduce the proportion of adults who smoke cigarettes	22.7% ↑	12.0%
Reduce the proportion of adults engaging in binge drinking	19.0% ↑	6.0%
Reduce the proportion of adults with high blood pressure	24.8% ↑	16.0%
Reduce the proportion of adults with high total blood cholesterol levels	31.2% ↑	17.0%
Decrease the proportion of women aged 40 years and older who have not received a mammogram within the preceding 2 years	22.9% ↓	30.0%
Decrease the proportion of women aged 18 years and older who have not received a Pap test in the preceding 3 years	14.6% ↑	10.0%
Decrease the proportion of persons not insured	10.4% ↑	0.0%
Decrease the proportion of adults age 65 years and older who are not vaccinated annually against influenza	22.1% ↑	10.0%
Decrease the proportion of adults age 65 years and older who have never been vaccinated against pneumococcal disease	36.3% ↑	10.0%

Source: The Behavioral Risk Factor Surveillance System, South Dakota Department of Health, 2003